

Messages About Myself I Have Received:

Messages you have received include: what people have said to or about you, how you were raised, what you think people say about you, how people treat you, etc. All of these convey a message about you. Write down what messages you have received/perceived about yourself.



When you think about these messages you have received from others, how do these messages make you feel? Based on these feelings, what beliefs have you developed about yourself?

Feelings

Beliefs

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	→	
	→	
	→	
	→	

This motivates me to build protective walls around myself that will keep people from seeing who I really am and protect me from being hurt by others. They look like this:

